

TALKING PAPER

ON

FATIGUE

- Air Force Cost of Fatigue – FY2011 through FY2015
 - o Overall - \$177.3 million (Total Cost of Mishaps plus injuries)
 - \$167.2 million (Cost of injuries only)
 - 15.3 million On-duty
 - 151.9 million Off-duty
 - 1,430 total mishaps
 - 552 On-duty
 - 878 Off-duty
- Estimated cost of fatigue – 2007 (Outside DoD)
 - o Overall - \$116.5 billion
 - Accidents - \$8.5 billion
 - Lost productivity - \$79.7 billion
 - Healthcare costs - \$28.3 billion
- Fatigue is a physical factor and is addressed in AFI 91-203, Chapter 2, *Human Factors*, and is mentioned in several other chapters
- Insufficient sleep (cause) can have serious and sometimes fatal consequences for fatigued workers and others around them
 - o Estimated 20% of vehicle crashes are linked to drowsy driving
 - o The National Sleep Foundation recommends that healthy adults sleep 7 – 9 hours per day
 - o 30% of civilian employed U. S. adults (approximately 40.6 million workers) reported an average sleep duration of ≤ 6 hours per day (2010 National Health Interview Survey [NHIS])
- Signs of sleep deprived workers?
 - o Physical signs
 - Frequent yawning
 - Drooped head or eyelids
 - Rubbing one's eyes
 - Micro-sleeps (unnoticed periods of sleep lasting less than one second to 30 seconds)
 - o Mental and performance signs
 - Difficulty in ability to concentrate on tasks
 - Inattention
 - Compromised memory and recall
 - Forgetting to communicate important information
 - Incorrectly performing tasks

- Emotional and behavioral signs
 - Becoming uncharacteristically quiet
 - Withdrawn or moody
 - Low energy
 - Lacking motivation to perform work well
- Eliminating Fatigue
 - First – Recognize the cause and serious costs
 - More than 70% of shift workers receive no training on how to manage schedule and shift work
 - Many shift workers are well trained on their jobs
 - These same workers have never been taught to combat fatigue
 - Second – Develop a plan
 - Supervisor
 - Develop work schedules to reduce fatigue
 - Know your workers – Keep in contact
 - Provide training
 - Workers
 - Use the training that is provided
 - Comprehend the training you receive
 - Know your limits – Inform your supervisor
 - Adequate sleep – highly recommended 7 – 9 hours